

Positive Event Scale

The positive event scale asks you to think about the positive (uplifting) events that you have *experienced in the last month*. Positive daily events are the small day to day happenings that lead people to feel uplifted. From such events people can feel inspired, alert, attentive or active. Positive events can also lead to feeling emotions such as interest, excitement, strength, pride, determination and enthusiasm.

Below are a list of items that can be positive events. For each item, consider first, if the event occurred *during the last month* and second how **uplifted** (ie. the amount of positive uplifting emotion) it made you feel. Circle **0** if it did not occur, **1** if the event occurred but you did not experience any uplift, **2** if it occurred and was a little uplifting, **3** if it occurred and was somewhat uplifting, **4** if it occurred and was a lot of an uplift, and circle **5** if the event occurred and was extremely uplifting.

Please remember that it is important that you:

- * circle one number for *each item even if there was no uplift*.
- * consider each item only with *the last month in mind*.

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| How <u>uplifted</u> did you feel by this positive event? | 0 = Did not occur 1 = Event occurred but was no uplift 2 = Event occurred and a little uplifting 3 = Event occurred and somewhat uplifting 4 = Event occurred, a lot uplifting 5 = Event occurred and extremely uplifting |
| In the last month | |

Your Friends

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. Support received from friend/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. Support given to friend/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. Positive feedback from your friend/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. Positive communication with friend/s | 0 | 1 | 2 | 3 | 4 | 5 |

Work

| | | | | | | |
|---|---|---|---|---|---|---|
| 5. The nature of your job/work (only if employed) | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. Your job security | 0 | 1 | 2 | 3 | 4 | 5 |
| 7. Use of your skills in your work | 0 | 1 | 2 | 3 | 4 | 5 |
| 8. The ideas you have at work | 0 | 1 | 2 | 3 | 4 | 5 |

Teachers/Lecturers

| | | | | | | |
|---|---|---|---|---|---|---|
| 9. Support received from teacher/s, lecturer/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 10. Support given to teacher/s, lecturer/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 11. Positive communication with teacher/s, lecturer/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 12. Positive feedback from teacher/s, lecturer/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 13. Doing enjoyable things with teacher/s, lecturer/s | 0 | 1 | 2 | 3 | 4 | 5 |

Social Events

| | | | | | | |
|---|---|---|---|---|---|---|
| 14. Going to a party | 0 | 1 | 2 | 3 | 4 | 5 |
| 15. Going out for drinks (e.g. friends place) | 0 | 1 | 2 | 3 | 4 | 5 |

| How <u>uplifted</u> did you feel by this positive event? | 0= Did not occur 1= Event occurred but was no uplift 2= Event occurred and a little uplifting 3= Event occurred and somewhat uplifting 4= Event occurred, a lot uplifting 5= Event occurred and extremely uplifting | | | | | |
|---|--|---|---|---|---|---|
| In the last month | | | | | | |
| 16. Going to the pub | 0 | 1 | 2 | 3 | 4 | 5 |
| 17. Recent social events | 0 | 1 | 2 | 3 | 4 | 5 |
| <i>Your Course</i> | | | | | | |
| 18. Nature of your course/study | 0 | 1 | 2 | 3 | 4 | 5 |
| 19. Your study load | 0 | 1 | 2 | 3 | 4 | 5 |
| 20. Study/course deadlines | 0 | 1 | 2 | 3 | 4 | 5 |
| 21. University (college) life | 0 | 1 | 2 | 3 | 4 | 5 |
| <i>Relationship with Spouse/Partner (boy/girl friend)</i> | | | | | | |
| 22. Intimate times with someone | 0 | 1 | 2 | 3 | 4 | 5 |
| 23. Doing enjoyable things with your spouse/partner (boy/girl friend) | 0 | 1 | 2 | 3 | 4 | 5 |
| 24. Positive feedback from spouse/partner (girl/boy friend) | 0 | 1 | 2 | 3 | 4 | 5 |
| 25. Positive communication with spouse/partner (girl/boy friend) | 0 | 1 | 2 | 3 | 4 | 5 |
| 26. Support given to spouse/partner (girl/boy friend) | 0 | 1 | 2 | 3 | 4 | 5 |
| 27. Support received from spouse/partner (girl/boy friend) | 0 | 1 | 2 | 3 | 4 | 5 |
| <i>Parents or Parents-in-law</i> | | | | | | |
| 28. Positive feedback from your parents or parents-in-law | 0 | 1 | 2 | 3 | 4 | 5 |
| 29. Positive communication with your parents/parents-in-law | 0 | 1 | 2 | 3 | 4 | 5 |
| 30. Good times with your parents/parents-in-law | 0 | 1 | 2 | 3 | 4 | 5 |
| 31. Support given to your parents/parents-in-law | 0 | 1 | 2 | 3 | 4 | 5 |
| 32. Support received from your parents/parents-in-law | 0 | 1 | 2 | 3 | 4 | 5 |
| <i>Other Students</i> | | | | | | |
| 33. Support received from other student/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 34. Support given to other student/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 35. Positive communication with other student/s | 0 | 1 | 2 | 3 | 4 | 5 |
| 36. Positive feedback from other student/s | 0 | 1 | 2 | 3 | 4 | 5 |
| <i>Interactions at Work</i> | | | | | | |
| 37. Support given to your supervisor/employer | 0 | 1 | 2 | 3 | 4 | 5 |
| 38. Support received from other workers | 0 | 1 | 2 | 3 | 4 | 5 |
| 39. Support given to other workers | 0 | 1 | 2 | 3 | 4 | 5 |
| 40. Positive feedback from other workers | 0 | 1 | 2 | 3 | 4 | 5 |
| 41. Doing enjoyable things with other workers | 0 | 1 | 2 | 3 | 4 | 5 |